

Hello and welcome to an exciting year at Eleanor Roosevelt High School. I look forward to working with all of you and improving our fitness levels. Read this letter carefully and hold on to this letter because the class expectations, syllabus, unit descriptions, and as well as the grading policy are explained. We will be focusing primarily on the five components of fitness: cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition. The units that we will be covering this year are explained below. *This does not necessarily reflect the order of the units.*

Course Objectives

Identify five levels of fitness

Improve in your levels of fitness from the beginning until the end of the year

Demonstrate team leadership

Develop lifelong fitness skills

Essential Questions

How can I maintain and improve my skill level?

How can I improve my fitness level?

What can I do to incorporate more physical activity in my day?

I. Unit Descriptions

Physical Fitness Testing

During our physical fitness testing unit we will be measuring flexibility, muscular strength, muscular endurance, as well as speed, and body composition. Our four components will be tested in the beginning of the year as well as the end of the year. All of our units will incorporate these components. Students are expected to increase their fitness scores from beginning through the end of the year.

Nike + Training

We will be working on our muscular endurance and cardiovascular endurance, all while enjoying some of the latest tunes. Check out how many calories you burned, how long you have been running, or the distance you have covered when using the iPod Touch and the Nike+ Sensor.

Boxing

In our boxing unit we will be focusing on muscular strength and cardiovascular endurance. We will be taking our fitness levels to the next level. During our boxing unit we will be implementing the use of heavy bags, speed bags, jump rope, and using boxing gloves. Get ready for a kick butt workout!!!

Weight Training

In our weight training unit we will be focusing on toning and shaping our muscles. We will be incorporating how the muscle works and discuss the repair stage and how the shape of the muscle is changed. In our unit we will also be exploring the myths of weight

lifting. We will learn the importance and benefits of weight training in this unit. Hand weights, dynabands, as well as cross trainer machines will be incorporated in this unit.

Pickle Ball

This game is designed for smaller facilities. It is a version of tennis and ping pong. Each student is expected to learn the rules of the game, become proficient in serving, and use proper hitting technique.

Circuit Training

Our circuit training unit will incorporate all of the physical fitness components. Several stations will be used so you can incorporate all of your fitness needs. Items such as jump rope, medicine ball, boxing, weights, therapy balls, and dynabands will be used.

So You Think You Can Dance

Get ready to dance in this unit. We will learn the culture and history of dance. Whether you are a beginner or advanced dancer, I will have you moving in no time. We will be exploring the use of rhythm and working with partners.

Soccer/Floor Hockey

During our soccer/floor hockey unit we will learn the history as well as the fundamental rules of the sports. Dribbling, passing, trapping, and blocking will briefly be incorporated. Teams will be divided by equal playing ability.

Team Handball

We will be playing team handball which is a spin off of soccer and basketball. Teams will be broken up by equal playing ability. Students will learn rules and technique of game as well as history of sport.

Basketball

During our basketball unit we will learn the history as well as the fundamental rules of basketball. Dribbling, passing, shooting, and blocking will briefly be incorporated. Teams will be divided by equal playing ability.

Games

We will be playing various games that will target the five components of fitness throughout the year. Games include capture the flag, flag football, scooter ball, and other games involving team work and strategy.

II. Class Expectations

1. Students are expected to bring a combination lock each day of class
2. Students must enter and exit only through the Gymnasium doors
3. Students are expected to be on time and ready to participate fully
4. Students are expected to be in workout attire (gym shorts, t-shirts, or sweat pants with a pair of running sneakers). **NO JEANS!!!**
5. Students are allotted only 5 minutes to change. You are expected to be changed and in your squad within five minutes into class.
6. Students are to behave in appropriate manner in the locker room.

7. No food and or beverage are allowed in the gym or THE LOCKER ROOM!
8. Students are only excused 3 class periods per term, after that a doctor note is needed. No note, no excuse!
9. Students are not allowed to touch equipment without teacher permission.
10. Students are expected to put away equipment when needed.
11. Students are expected to enter and leave with a positive attitude.
12. Students are expected to be a team leader.

III. Grading Policy

Students can receive the possible number grades from 100-55. Criteria for each grade:

A 100-90%

- Students participate above and beyond what is required
- Student receives remarkable score for unit assessment
- Student has excellent attitude and is a team leader
- Student is always prepared

B 89-80%

- Students participate in all class activities
- Students receives high score for unit assessment
- Student has good attitude
- Student is unprepared 1 time

C 79-70%

- Students does not participate in most class activities
- Students receives satisfactory score for unit assessment
- Student has satisfactory attitude
- Student is unprepared 2 times

D 69-65%

- Students does not participate in all class activities
- Students receives low score for unit assessment
- Student has below average attitude
- Student is unprepared 2 times

F 64 -55%

- Students does not participate
- Students receives a failing score on a unit assessment
- Student has poor attitude
- Student is unprepared 3 or more times
- Student misses 50 percent or more physical education classes
- NO PHYSICAL EDUCATION CREDIT IS RECEIVED!